

SUCCESS.

The word unbreathed, whose temper true
From the heart's fire was sent,
The goal I never reached, where to
My spirit's strength was bent,
All—all I longed and failed to do
Is full accomplishment.

And somewhere in the fields whereon
The ungarnered harvests lie,
My slaves be ripening in the sun
That warm eternity,
And filled with food myself bath down
This famished soul shall be,
—Grace Ellery Channing, in Youth's Companion.

A Letter-Writer's Blunder.

By JAMES C. HILLWELL.

"Dolly, dear, there is a gentleman in the sitting-room who wishes to see you. What shall you do? Of course, I know that you are not presentable; how could you be, while engaged in washing windows? But he seems so anxious to see you, I could not say no. There! I've dropped his card somewhere. Well, no matter. But if you will, Dolly—just step in and speak to him."

Aunt Jane paused to take breath. There was a timid quaver, a half-deprecatory tone in her voice, too, as though she knew that she was asking a great deal, but had still resolved to do her duty courageously.

The room at whose open door she was standing—the best in the old-fashioned farmhouse nestling among the Pontiac Hills—looked at present as though no power could set it straight again. It was so provoking! Her pretty niece, Dolly Thorpe, from the metropolis, had come to spend the summer with Aunt Jane; and hardly was she comfortably settled when a telegram had arrived from Dolly's father requesting Aunt Jane to receive, for a few weeks, a particular friend of his own, who wished to try the effect of the fresh air upon a somewhat delicate constitution.

The telegram had been received the day previous, and, just at that particular juncture, Aunt Jane's one servant had given notice, and taken her departure. There was no help for it. The work must be done somehow, and the best room put in readiness for the expected guest.

Dolly Thorpe was standing upon a stepladder in the cheery apartment known as "the spare room," busily engaged in cleaning the windows. She was a pretty girl, with roguish brown eyes, and a mass of curly black hair. She had been interrupted in her work several times already that morning, and this last summons seemed the one drop too much for her overflowing cup of vexations.

Each demand upon her time and patience Dolly had met and faced bravely, for Aunt Jane was just recovering from a serious illness, and was hardly able to get about the house. To-morrow the new servant would come, and Dolly would be freed from her arduous duties.

In the meantime the expected guest, whose name her father had not taken the trouble to mention, being simply referred to in Mr. Thorpe's telegram as "a friend of mine"—they knew not whether the expected guest was male or female—was liable at any moment to drop in upon them.

All this time Dolly had been standing upon the stepladder, gazing down into Aunt Jane's appealing face, with intense dismay upon her own, and a piece of chamois in her hand. She wore a blue calico gown, tied up above a pair of little feet in not altogether irreproachable slippers; a pink cap surmounted her curly head. Yet she was simply charming, thought Aunt Jane.

"Just step down a minute, dear," pleaded that individual, meekly.

Stifling an inward groan, Dolly turned round, but catching the skirt of her gown upon the ladder as she did so, she was left for a brief space suspended like Mahomet's coffin. The bucket of soapsuds upon the top of the stepladder grew uneasy, and came down to see what was the matter; and the scene that followed can be better imagined than described.

In the midst of the excitement, while Dolly was struggling with the refractory stepladder, which had suddenly collapsed, converting the bare floor into a miniature lake, in which, to use her own expression, she was "getting along swimmingly," a tall form appeared in the open doorway, a pair of merry gray eyes took in the scene, and a musical voice, straggling hard to stifle a burst of laughter, asked sweetly:

"Can I be of any assistance? Why!" in mock astonishment, "if it isn't Dolly Thorpe!"

"Jack!" with a shrill little shriek of dismay. "Yes, it is I. How do you like my get-up? Aunt Jane's servant has taken French leave; somebody had to do this."

"Was it really necessary that all this should be done?" asked Jack Bentley, with lurking mischief in his voice.

Dolly stared up in an instant. How dare he laugh at her?

"You know what I mean. Just lift that side of the stepladder, Jack, and be quiet. There! Thanks awfully. I shall get out of it somehow. I feel like the immortal youth who 'stood on the burning deck.' Jack!" suddenly emerging from the general confusion, and holding out two white hands in greeting, her bright eyes shining like stars, "I'm so glad to see you. Did you drop down from the skies? What brought you here?"

"Well, that is good!" suppressing a whistle. "I was so sure you would be glad to see me that I didn't stop to invent any excuse for coming. But I refuse to have anything to say to you until you have made yourself presentable. Go and put on a dry dress!"

"But," she inquired, ruefully, "who is to finish the room? It is a point of honor with me to carry out an undertaking, and then—I've promised Aunt Jane."

"All right. I'll help you. What is to be done next?"

"You don't mean it?"

For Jack was pulling off his coat, and looking quite fierce, as though longing to set to work in real earnest.

"Well," pursued Dolly, "if you really want to"—Jack made a wry face—"I will not stand in the way—not for the world. Go to work if you like. No doubt work will do you good, and prove a novel experience. The greater part is done, anyhow. We have only to mop up the floor, lay the rug, put in the furniture, hang the curtains, and—"

"Stay! Enough! enough! And for whom are all these preparations intended, for some one is expected—I feel it in the air."

Dolly laughed.

"Quite a swell, no doubt. You see, we don't really know, but suspect that it is one of the sterner sex. Papa just telegraphed to Aunt Jane to expect a friend of his to-day."

Jack Bentley turned the empty pail upside down, and coolly proceeded to seat himself upon the inverted edge.

"Dolly, how long have you had the pleasure of my acquaintance?" was the apparently irrelevant question.

She laughed gayly.

"Exactly three years and six months," she announced, demurely, "and I must confess I don't know anything good of you." But the tender light in the merry brown eyes belied her saucy words.

Jack continued loftily:

"I pass your insinuations by with the contempt they merit. Rose of the world, did you ever promise to marry me—circumstances permitting—or—did you not?"

She crept a little closer to his side.

"I—I am afraid I did," she said, softly.

"But, oh, Jack! papa would be furious if he knew! He will never consent—because—"

"Because I am as poor as the proverbial church mouse, and he intends that you shall marry Horace Dillingham, the rich merchant."

"Jack!"

"It is true, dear—quite true. Now, listen to my tale of woe. I am here—here to stay! I am your Aunt Jane's expected guest. Are you willing, sweetheart?"

"Will you? Oh, Jack!"

Not another word; but somehow he seemed quite content.

"Please explain," she ventured, timidly, after a pause of golden silence.

Jack drew from his pocket an open letter, addressed to himself, and placed it in Dolly's hand.

It began "My Dear Friend," and ended "Yours as ever" ("Quite tender," Jack declared, in parenthesis, "RUFUS THORPE.")

In this letter Mr. Thorpe, Dolly's father proceeded to advise his "dear friend" to make a trip at once to Millside, in the Pontiac Hills, to his sister-in-law's house—Miss Jane Dean—slyly insinuating that his daughter, Miss Dolly, would warmly welcome him there.

Dolly's face assumed a look of bewilderment as she read her father's letter. What did it all mean?

"Why, Jack, what has changed papa so? He used to be so violently opposed to you, you know, I cannot understand it at all!"

"I can," Jack answered, grimly. "He wrote this letter to Dillingham, and one to me at the same time, only mine was of an entirely different nature, I imagine. In his haste he made a common mistake; he inclosed my letter in the envelope addressed to Dillingham, and vice versa. The invitation to Mr. Dillingham, in which no name was mentioned, was received by me. What could I do but accept?"

"What, indeed?" laughed Dolly. "And now that you are here, we will just have a splendid time."

Taken into their confidence, Aunt Jane could not find it in her heart to object, for Jack was in every way unobjectionable, save that he was not wealthy. Yet he held a good position in a prosperous firm, and his advancement was only a question of time, after all.

Mr. Rufus Thorpe was overwhelmed with consternation one day, while sitting in his office, by the apparition of the two young culprits, with the astounding announcement that they had been quietly married that morning.

"I won her under false pretenses; but she's mine, all the same," the young rascal unblushingly added.

But when Mr. Thorpe had learned that a distant relative of Jack Bentley's had just shuffled off this mortal coil, leaving him sole heir to a neat little fortune, he thought better of the marriage, and in time expressed unqualified approval.—New York Weekly.

The Austrian Lloyd line established the first week in January a fast fortnightly steamship service between Trieste and Brindisi, on the Mediterranean, and Karachi and Bombay, India, with a maximum voyage of fifteen days.

The first standing army of modern times was established by Charles VII of France in 1445. In England the first standing army was organized in 1633.

The Farm

Steam, Dry and Cover Milk Bottles.

Bottles handled in an ordinary commercial way at the Wisconsin Experiment Station and exposed to steam for ten minutes were found to contain a much smaller number of bacteria. In the condensation water in bottles which had been steamed and allowed to stand at room temperature for twenty-four hours the number of bacteria varied from 1,788,800 to 3,981,000. In two corresponding series of bottles containing no condensation water the numbers of bacteria were 60,710 and 330,100. In a series of steamed bottles exposed to the air for twenty-four hours the number of bacteria averaged 292,450 per bottle, while in a similar series which had been covered with a linen cloth the number of bacteria averaged 11,615, showing the importance of keeping bottles covered.

Moving Hens.

Fowls are very fond of their home and they very much dislike to be moved. It is not a profitable business to move them unless it is absolutely necessary. If eggs are the object sought it is very important that laying hens should not be moved from one location to another while laying, as it will diminish the supply of eggs. Where it is possible to do so pullets that are intended as layers should be brought up within sight of the location they are to occupy when they begin laying. On the contrary, if it is desirable to delay the laying of a hen or a pullet for any reason all that is necessary is to move them from one locality to another and the business is done. This is sometimes done among fanciers when it is desired that they put their energies into growth instead of eggs. Sometimes a broody hen may be broken up by removing her nest from one locality to another. And especially is this true where new companions are given her.

Fertilizer in Clover Roots.

In growing clover the farmer, as a rule, wholly overlooks its great value as a soil fertilizer through the great amount of nitrogen which is gained by simply growing the clover. The roots, therefore, may be claimed as a portion of the crop and the profit, and should be included in the accounts as such. In one experiment sixty pounds of roots remained in the soil, valued at \$9.00, which represented so much plant food waiting to be utilized the next season, and which differed from that usually supplied from the fact that it was not necessary to invest any capital the next season in nitrogenous fertilizer, as the nitrogen required was already in the soil and for use. Any farm that can be brought to that condition, so as to enable it to produce clover, can be gotten into the highest state of fertility, as it is only necessary to supply the cheaper mineral fertilizers in order to balance the plant food. The profits do not depend wholly upon the crops harvested but upon the price realized compared with the amount of material removed from the land, the real wealth and capital of the farmer being his soil, and when he can sell something from the land in the form of a crop, which will provide him with more than he took from it, he is sure to become prosperous in a few years.

Fruit Trees From Cuttings.

All attempts to grow apple trees from cuttings will lead to disappointment. Only a very small per cent. will live and they will prove worthless. Panches will not grow at all from cuttings. Of pears, Le Conte, if properly handled, will grow from cuttings as well as willow. The Marianna plum is also very easy to grow the same way, so also are many kinds of quinces.

To prepare cuttings for planting select nice, straight shoots of the current year's growth. As soon as the leaves fall cut them eight to ten inches long and pack them in a box of damp sand or well-rotted sawdust. Put the box in some place secure from frost until spring and see that the contents are kept at all times damp, but not soaked. In spring you will find the cuttings nicely calloused. Be careful not to expose them to the air more than necessary when setting out in the nursery and if possible select a mild, still day for the purpose.

To grow Kiefer pears from cuttings make an assisted cutting by grafting a short piece of quince root one inch or an inch and a half on the bottom of an eight-inch scion. Do this in February and treat as recommended above.

The best plan for growing Japan plums is to graft a long scion on a small peach seedling in February, planting deeply in spring and planting still deeper when set in orchard. By following this plan you will have fine trees of abundant growth on their own roots, even though the land is too wet for peach trees to live in at all.

To grow peach seedlings, throw up a bed by cutting a trench around it. Plant the seed on top of the bed, covering them two inches deep. This should be done late in the fall and in spring when the seedlings are three or four inches high, transplant to nursery row. A transplanted peach seedling makes a better root system than one not so treated.—The Epitomist.

Wheat Bran.

Notes are given in the report of the Massachusetts Experiment Station on

the composition, digestibility and fertilizing ingredients of wheat bran as compared with other concentrated feeding stuffs, and two feeding experiments with cows are reported. The roughage in the two rations compared consisted of hay and silage and the grain feed of cottonseed meal and flour middlings. To this was added either bran or silage with corn meal or corn and cob meal. In one of the experiments the results were slightly in favor of the bran ration, while in the other the so-called silage ration gave the best results. The author, Prof. J. B. Lindsay, concludes that for small herds the quantity of purchased grain may be reduced to three to four pounds daily by substituting home-grown corn in place of wheat bran. It is suggested that the grain mixture may consist of one and a half pounds cottonseed meal, two pounds flour middlings, and two and a half to three pounds corn meal or corn and cob meal. Malt sprouts may be substituted for the wheat, oats or rye middlings. Where the feeding cannot be closely supervised and where it is desired to feed more than five to seven pounds of grain daily, it is considered advisable that the grain mixtures should consist of one-third to one-half of wheat bran.

Stock Taking Cold.

The horse is very susceptible to cold; and the horses that are stabled when not being worked or exercised feel the changes of weather quite as readily as do those enjoying a more free life. All stables should be fairly lofty, because horses need plenty of fresh air, and this can only be properly given during intense cold when ventilation can be given above the heads of the animals, so far as elevation is concerned, the position of the ventilators mattering little so long as they are at a good height and placed with judgment. The stable should feel cozy upon going in, but not stuffy, otherwise the horses will feel chilly upon coming out.

When the horses are out at work they need little care, so long as they are actually employed, but if being rested, or doing duty that involves periods of inaction, it then becomes necessary to see that there is no chance given for a chill to be caught. If to stand for several minutes, as when a wagon is being loaded, a lincloth, or sheet, should be thrown across the back and removed when actual work recommences, and the same plan should be followed until the cold breaks.

Cows do not feel the cold so much as do horses, but, for all that, they do feel it. Perhaps one of the most noticeable features regards cows during cold is the increased amount of food that the animals will consume. Cows should be housed comfortably during cold, and the cow-house should be well provided with fresh air, admitted without draught, and regulated by the quantity required to keep the interior temperature of the cow-house warm enough to feel comfortable to the animals, for if too cold the coat will readily show it, even should the animals themselves seem comfortable. Give plenty of dry litter, abundance of good food and all the water that the animals care to drink, first taking the chill off. During such cold weather the cows should never be allowed to stand about in the open, and the younger stock should either be housed entirely or given the run of a sheltered shed.—Family Herald.

Breeders' Notes.

Keep a good rasp handy and use it judiciously in keeping the feet of the colts level and of proper shape. Don't let the toes become too long.

Eternal vigilance is the price of liberty. It is also indispensable in order to keep the colts free from worms and lice and their feet free from thrush.

Don't neglect to cover the icy spots in the yard or paddock with gravel, loam or ashes. Slipping on such spots may cause the ruin of a valuable colt or brood mare.

Don't keep the weanling shut up in stalls and standing on hard floors all the time. They need exercise in the open air and on the earth every day to keep their limbs strong and their feet healthy.

A few dollars spent on each horse consigned to the sales ring in putting him in condition to show to the best advantage will prove a profitable investment. Have the animals well mannered, fat, sleek and well groomed.

A foot pick is a much more important implement in the colt stable than the currycomb or brush. When the soles of the feet are picked clean and washed every day there is little danger that they will become affected with thrush.

It is more conducive to the health and hardness of horse stock to be kept in barns that are well ventilated and not warmed by artificial heat than in close and steam heated stables. Pure air is as essential to pure blood and good health as is pure food.

A tablespoonful of flaxseed meal added to the grain ration of each weanling colt every night will have a beneficial effect upon the bowels and give a gloss to the coat. Money spent for flaxseed meal to feed to the youngsters is an investment that will pay a fifty per cent. profit at least.—Horse Breeder.

English medical men are demanding that bakers should deliver loaves in oiled paper bags.

The Threshold.

By IVAN TURGENEV.

(This poem in prose, written some thirty years ago by the famous Russian novelist, sums up the type of the Russian girl who is ready to sacrifice everything for light and freedom and evolution. The translation is from the Independent.)

I see a great structure. The narrow door in the front wall is wide open. Stern gloom is beyond the door. Before the high threshold stands a girl, a Russian girl. A breath of frost is wafted from the impenetrable gloom, and together with the freezing wave a slow voice is coming from the depth of the building.

"To you who desire to cross this threshold, do you know what awaits you here?"

"I know," replied the girl.

"Cold, hunger, abhorrence, derision, contempt, abuse, prison, disease and death!"

"I know. I am ready. I shall endure all sufferings, all blows."

"Not from enemies alone, but also from relatives, from friends."

"Yes, even from them."

"Very well. You are ready for the sacrifice. You shall perish, and nobody, nobody will ever know whose memory to honor."

"I need neither gratitude nor compensation. I need no home."

"Are you ready even to commit a crime?"

The girl lowered her head.

"I am ready for crime, too—"

The voice lingered for some time before resuming its questions.

"Do you know," it said at length,

"that you may be disillusioned in that which you believe at present, that you may discover that you were mistaken, and that you ruined your young life in vain?"

"I know this, too."

"Enter!"

The girl crossed the threshold, and the heavy curtain fell behind her.

"Fool!" said some one, gnashing his teeth.

"Saint!" some one uttered in reply.

The Old Copper Kettle.

An English scientist attributes the wide prevalence of appendicitis to the use of enameled cooking utensils. He points out that when the old-fashioned cooking utensils were in vogue appendicitis was practically unknown. The present age uses increasingly enamel ware, which splinters on the least provocation.

"I find that not only a food such as porridge will carry the needle-like splinters to the body, but that a soup, and even tea, may very well contain sharply splintered particles of this most dangerous glass."

Many physicians and surgeons have advanced the theory known as the mechanical theory, that the cause of appendicitis may be introduction through the food of some sharp irritating substance, causing inflammation and ulceration.

They designate toothbrush bristles, wheat grit, particles of antimonial rubber stoppers, as common irritants. None of these are of such irritating quality as splinters of enamel, which might be swallowed with the sauces or vegetables cooked in the enameled ware vessels.

Accordingly, among medical men and some householders there is a crusade having for its object the return to the old copper or iron kettle.

Sunflowers and Quinine.

An eminent Spanish professor has made the discovery that the sunflower yields a splendid febrifuge that can be used as a substitute for quinine. More than ten years ago Moncorvo reported to the Therapeutic Society of Paris with reference to the same subject. Accordingly the sunflower should not only by its growing exert great fever-dispelling effect, but also yield a product which is used advantageously in all fevers.

The common sunflower is originally an American plant. Its original home is stated by eminent botanists to be Peru and Mexico.

The Russian peasantry seem to be convinced that the plant possesses properties against fever, and fever patients sleep upon a bed made of sunflower leaves, and also cover themselves with them. This use has recently induced a Russian physician to experiment with a coloring matter and with alcoholic extracts from the flower and leaves. With 100 children from one month to twelve years old he has, in the majority of cases, effected a speedy cure as otherwise with quinine.—Philadelphia Ledger.

Do Ostriches Ever Die?

Nothing is positively known as to how long an ostrich may live. Some writers claim that it will live 100 years. Ostriches which are known to have been in captivity for forty years are still breeding and producing feathers.

It is the experience of Arizona farmers that among the birds having good, nutritious green feed death seldom occurs, except as the result of accident. A dog or other small animal will sometimes frighten ostriches and cause them to run into the fence, which may result in a broken leg. When this happens the bird may as well be killed, as few ever recover from such an injury.—National Magazine.

A special room will be reserved in the International Art Exhibition to be held in Venice for the works of English and Scottish artists and of American artists resident in London.

A Most Valuable Agent.

The glycerine employed in Dr. Pierce's medicines greatly enhances the medicinal properties which it extracts from native medicinal roots and holds in solution much better than alcohol would. It also possesses medicinal properties of its own, being a valuable demulcent, nutritive, antiseptic and antiferment. It adds greatly to the efficacy of the Black Cherry-bark, Bloodroot, Golden Seal root, Stone root and Queen's root, contained in "Golden Medical Discovery" in subsiding chronic, or lingering coughs, bronchial, throat and lung affections, for all of which these agents are recommended by standard medical authorities.

In all cases where there is a wasting away of flesh, loss of appetite, with weak stomach, as in the early stages of consumption, there can be no doubt that glycerine acts as a valuable nutritive and aids the Golden Seal root, Stone root, Queen's root and Black Cherry-bark in promoting digestion and building up the flesh and strength, controlling the cough and bringing about a healthy condition of the whole system. Of course, it must not be expected to work miracles. It will not cure consumption except in its earlier stages. It will cure very severe chronic, hanging chronic coughs, bronchitis and hysterical troubles, and chronic sore throat with hoarseness. In acute coughs it is not so effective. It is in the lingering hanging coughs, or those of long standing, even when accompanied by bleeding from lungs, that it has performed its most marvelous cures.

Prof. Finley Ellingwood, M. D., of Bennett Med. College, Chicago, says of glycerine:

"In dyspepsia it serves an excellent purpose. Holding a fixed quantity of the peroxide of hydrogen in solution, it is one of the best manufactured products of the present time in its action upon enfeebled, disordered stomachs, especially if there is ulceration or catarrhal gastritis (catarrhal inflammation of stomach). It is a most efficient preparation. Glycerine will relieve many cases of pyrosis (heartburn) and excessive gastric (stomach) acidity."

"Golden Medical Discovery" enriches and purifies the blood curing blotches, pimples, eruptions, scrofulous swellings and old sores, or warts.

Send to Dr. R. V. Pierce, of Buffalo, N. Y., for free booklet telling all about the native medicinal roots composing this wonderful medicine. There is no alcohol in it.

Benevolent Indian.

William P. Letchworth, whose gift of 1,000 acres of Portage Falls, on the Genesee river for a public park has been accepted by the State of New York, is an adopted member of the Seneca tribe of Indians, and bears the tribal name, Hai-wa-te-is-tab, "the man who always does the right thing."

Catarrh Cannot Be Cured

With LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surface. Hall's Catarrh Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surface. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free.

F. J. CHENEY & Co., Props., Toledo, O.
Sold by druggists, price, 75c.
Take Hall's Family Pills for constipation.

Expert Testimony.

The prominent part being played by hired expert witnesses in the Glasgow trial prompts the Washington Star to suggest that it is time to abolish the present system of securing this kind of testimony. The expert employed by the prosecution naturally will testify only as the prosecution wants him to, while the expert for the defense, having a fine appreciation of his fee, will confine himself to his own side. It is up to the jury to determine which is the most expert liar or the most truthful while the real value of either corps of experts is an open question in the public mind. The Star denounces "the whole business" in cases involving human life as "immoral," and suggests that the court itself should secure the expert witnesses, protect them on the stand and see that their findings reach the jury in proper form.

World's Costliest Dress.

It may seem a trifle incongruous that in a land where the masses are at the starvation point all the time, and often on the fatal side of that point, the wearers of the richest raiment should be found, but such seems to be the case. One of the Princesses of the Burmese court, a young woman not yet 20, is said to be the possessor of the costliest dress in the world. It is a court costume and worn only on rare occasions, says Leslie's Weekly. It is studded with jewels reputed to be worth in the aggregate not less than \$1,400,000.

COFFEE THRESHED HER

15 Long Years.

"For over fifteen years," writes a patient, hopeful little Ills. woman, "while a coffee drinker, I suffered from Spinal Irritation and Nervous trouble. I was treated by good physicians, but did not get much relief."

"I never suspected that coffee might be aggravating my condition. I was down-hearted and discouraged, but prayed daily that I might find something to help me."

"Several years ago, while at a friend's house, I drank a cup of Postum and thought I had never tasted anything more delicious."

"From that time on I used Postum instead of coffee and soon began to improve in health, so that now I can walk half a dozen blocks or more with ease, and do many other things that I never thought I would be able to do again in this world."

"My appetite is good, I sleep well and find life is worth living, indeed. A lady of my acquaintance said she did not like Postum, it was so weak and tasteless."

"I explained to her the difference when it is made right—boiled according to directions. She was glad to know this because coffee did not agree with her. Now her folks say they expect to use Postum the rest of their lives." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."